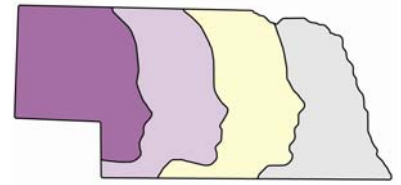


# ***Breast Cancer: What You Should Know***



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***Breast cancer cannot be prevented, but can be treated if found early. Mammograms, clinical breast exams, and breast self-exams are key!***

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A mammogram is an x-ray picture of the breast. You will have x-rays taken of one breast and then the other. A mammogram may find breast cancer that is too small for you and/or your provider to feel. Do not wear deodorant or powder for your mammogram, because they can affect the quality of the x-ray.

During a Clinical Breast Exam (CBE), a trained provider checks your breasts for lumps or any changes by feeling with his/her fingers and by visual exam.

Breast Self-Exam (BSE) is checking your breasts for lumps. You should become familiar with how your breasts feel and look to help you know when there are changes in them. You should do a BSE every month, if possible, right after your period. If you have already been through menopause, you should check your breasts on the same day each month.

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## **Risk Factors for Breast Cancer:**

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- Relatives who have had breast cancer
- Age (risk increases with age, especially after 50)
- Previous occurrence of breast cancer
- First menstrual period before age 12
- First baby born after age 30, or no children
- Menopause after age 55
- Obesity
- High-fat diet
- Regular consumption of alcohol
- Smoking
- History of endometrial or ovarian cancer

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## **To Help Decrease YOUR Risk for Breast Cancer:**

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- Cut down on caloric fat, and work on getting your diet below 30% fat
- Cut down or eliminate alcohol
- Eat lots of fruits and vegetables
- Eat a diet high in fiber
- Get regular physical activity
- Control your weight

*Please see reverse*

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## Nebraska Breast Cancer Statistics:

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- According to the Nebraska Cancer Registry, 1,560 Nebraska women were diagnosed with breast cancer in 2002.
- 244 Nebraska women died from breast cancer in 2003.
- 474 women were diagnosed through the Every Woman Matters program and have accessed the Medicaid Treatment Bill for reimbursement for their cancer treatment.
- In 2002, 75% of Nebraska women ages 50 and older reported having a mammogram in the past 2 (two) years.

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## What If I Have Cancer or Pre-cancer of the Breast?

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Clients of the Every Woman Matters Program who are diagnosed with breast cancer may be eligible for treatment services through Nebraska Medicaid. Contact Every Woman Matters at 1-800-532-2227 for more information on the Medicaid Treatment Act. Every Woman Matters does not pay for treatment for cancer or pre-cancer of the breast, but other resources may be available.

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## Additional Resources:

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National Cancer Institute	<a href="http://www.nci.nih.gov">www.nci.nih.gov</a>
The Susan G. Komen Breast Cancer Foundation	<a href="http://www.breastcancerinfo.org">www.breastcancerinfo.org</a>
National Alliance of Breast Cancer Research	<a href="http://www.nabco.org">www.nabco.org</a>
Y-Me National Breast Cancer Organization	<a href="http://www.y-me.org">www.y-me.org</a>

For More Information:

Nebraska Office of Women's Health  
301 Centennial Mall South, P.O. Box 94817  
Lincoln, Nebraska 68509-4817  
Phone: 1-800-532-2227 TDD: 1-800-833-7352 Fax: 402-471-0913  
[www.hhss.ne.gov/womenshealth](http://www.hhss.ne.gov/womenshealth)